The Resilience Mountain: Climbing Through Challenges

Learning objective: To understand that resilience means bouncing back from setbacks and to identify strategies for maintaining a positive mindset when facing difficulties.

Leo the Lion is planning a trek up the Resilience Mountain. Below are five scenarios where Leo faces a challenge. Match each situation to the most resilient 'Growth Mindset' thought. Then, write a short sentence explaining how that thought helps Leo keep climbing.

Word bank: Persistence · Growth Mindset · Self-belief · Problem-solving · Reframing · Asking for help

1. Leo tries to write a poem but gets stuck on the second verse. What does he think? A) 'I am not good at poetry.' B) 'This is tricky, but I can try a different rhyming word.' (2 marks)

2. Leo trips and drops his map while trekking. What does he think? A) 'I'm so clumsy, I should just give up.' B) 'Accidents happen. I will pick it up and check if it's still readable.' (2 marks)

3. Leo finds a path that is blocked by fallen branches. What does he think? A) 'I'll never get to the top now.' B) 'I can move these branches or find a way around them.' (2 marks)

4. Leo feels tired and wants to go home before reaching the peak. What does he think? A) 'I will take a short break to rest, then keep going slowly.' B) 'I am too tired, I am a failure.' (2 marks)

5. Leo sees another animal reach the peak before him. What does he think? A) 'They are better than me at everything.' B) 'Well done to them! I am proud of my own progress at my own pace.' (2 marks)

Draw: Draw a picture of Leo the Lion standing on a ledge halfway up a mountain. Include a backpack labeled 'Resilience' and write three positive 'power words' from the word bank on the clouds surrounding him.

Extension challenge: Imagine a time you faced a challenge this week. Write a 'Resilience Diary' entry (3-5 sentences) describing the problem, how it made you feel, and one thing you said to yourself to help you keep going.